



Athletes
PERFORMANCE

Recovery

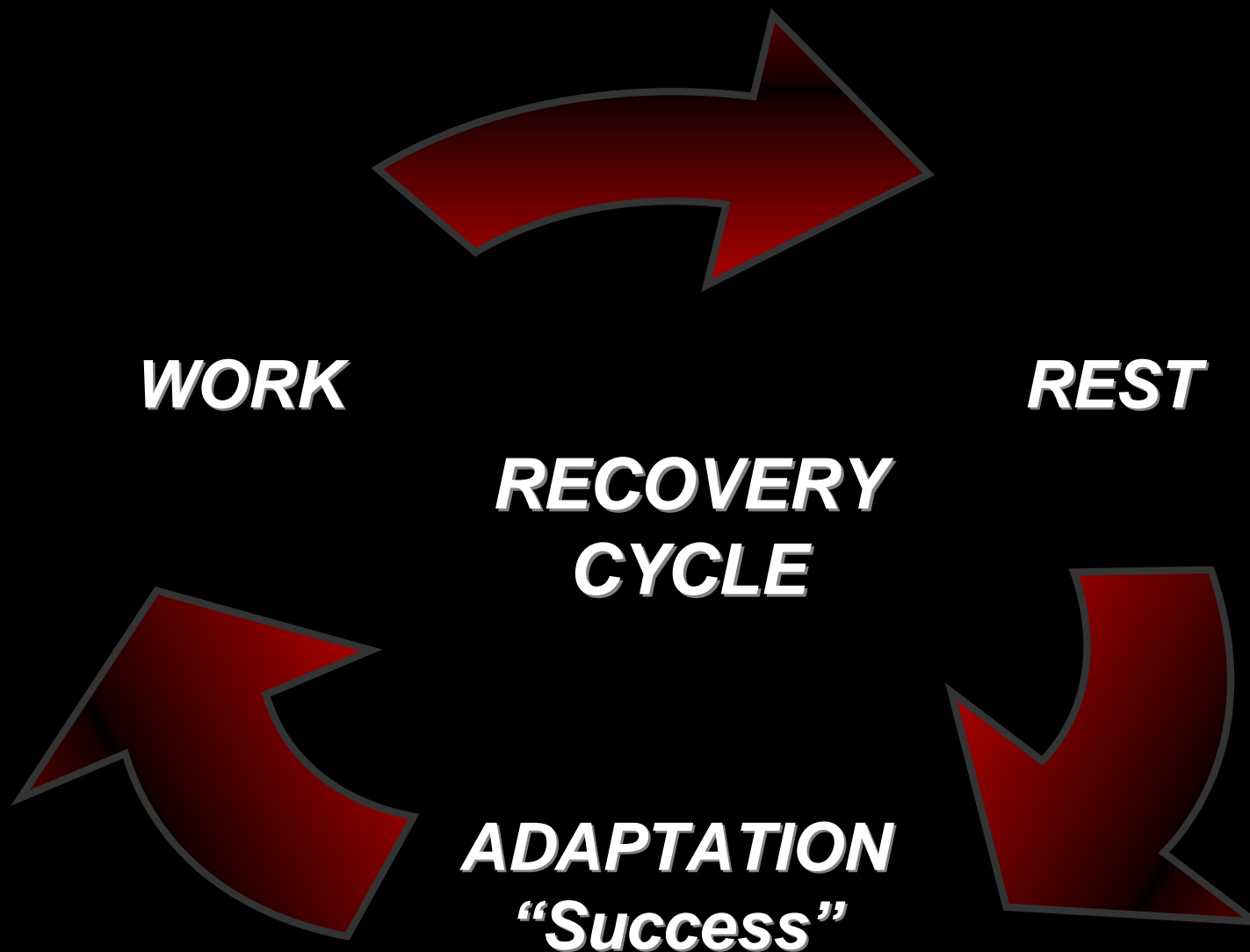
Work + Rest = Success

*Athletes' Performance
Navy Operational
Fitness & Fueling Series*

Regeneration & Recovery



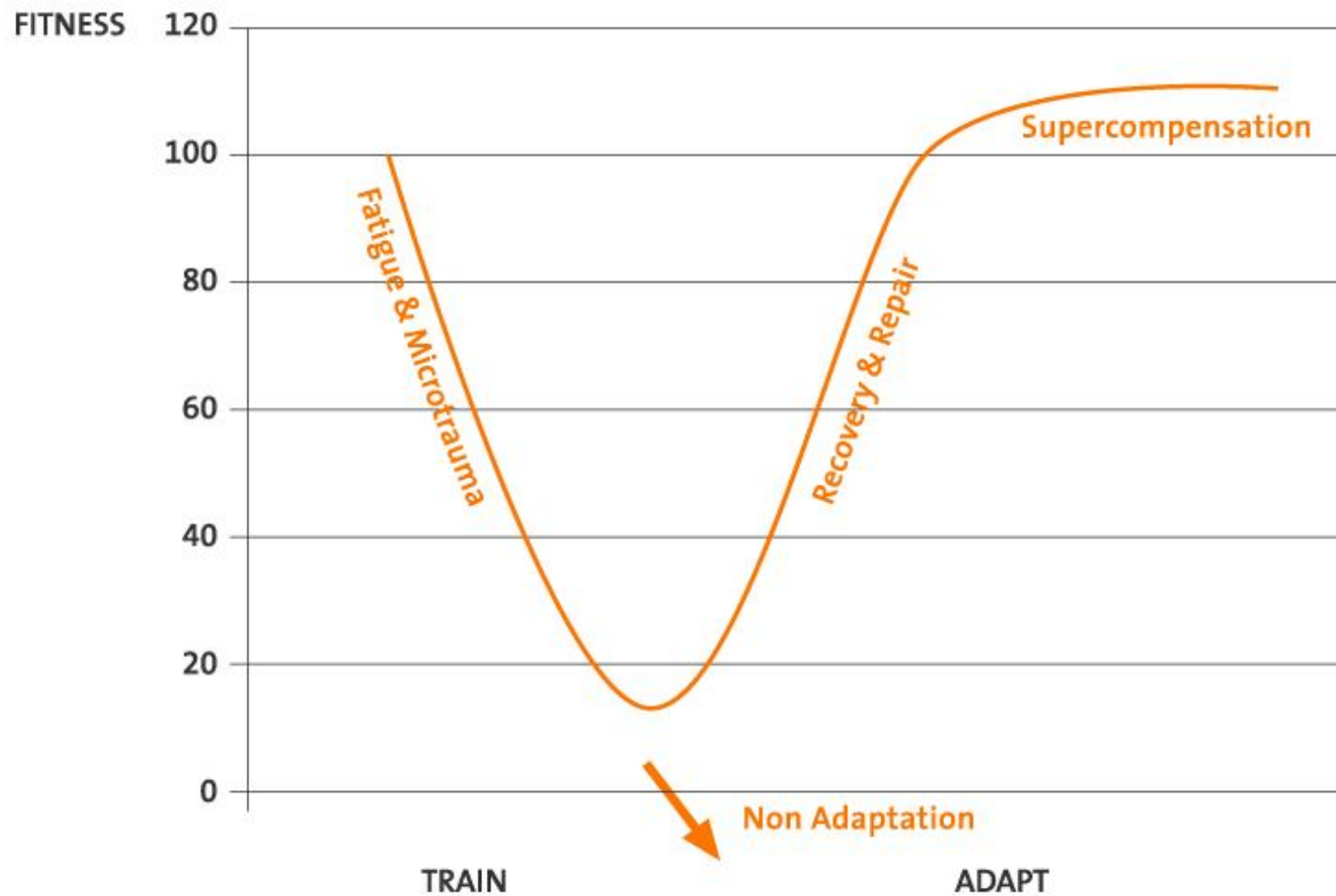
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Regeneration & Recovery



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Regeneration & Recovery



'Accelerating Training Adaptation'

- Foundational Nutrition
- Optimize Nutrient Delivery and Waste Removal
 - Active Recovery, General Massage, Hydrotherapy
- Restore and Maintain Tissue Quality
- Replenish Psychological Resources
 - Stretching Techniques
 - Mindset and Sleep Strategies (Take a Nap)
- Restore and Maintain Tissue Quality
 - Stretching Techniques, Soft Tissue/Trigger Point

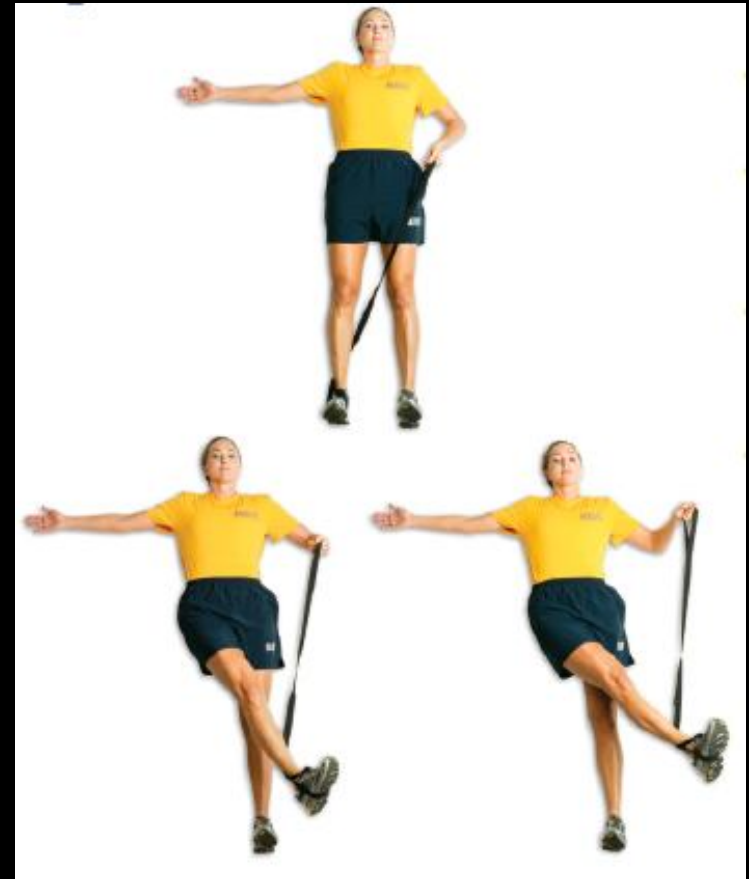


Why Do We Need To Stretch?



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- Tissue Length/Joint Mobility=ROM
- Movement Symmetry and Control
- Neurological Functioning
- Vascular and Lymphatic Stimulation



Active Stretching and Performance



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Active-Isolated Stretching

- Increases movement quality
 - Increase active ROM and Control
 - Actively stabilizing the system while lengthening
 - Reciprocal inhibition facilitates release of targeted muscle
 - New found mobility can be applied to movement
 - Increases Neural Activity & movement efficiency



Active Stretching Protocol



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1. Identify muscles and supporting connective tissue
2. Isolate the muscle in the most relaxed state
3. Apply gentle stretch at the end range of motion (ROM) no greater than 1 lb. of pressure, and provide a controlled return back to starting position
4. Stretch should be no longer than 2 seconds
5. Continue stretching 10 subsequent times, with each stretch attempting to increase ROM
6. Always return muscle being stretched back to the starting position to ensure a continuous supply of blood, oxygen, lymph and nutrients, while stimulating waste removal and enforcing the neural process
7. Exhale during the stretch and inhale during relaxation
8. Stretch gently to “light irritation” so not to elicit the stretch reflex

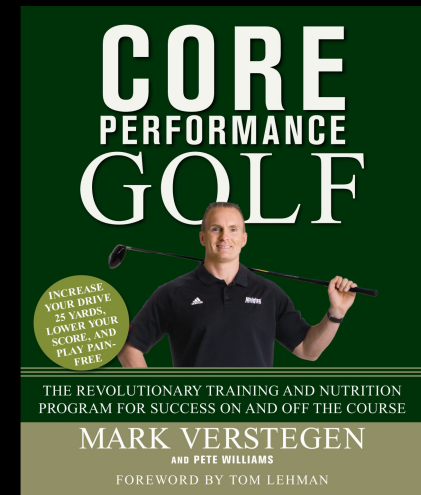
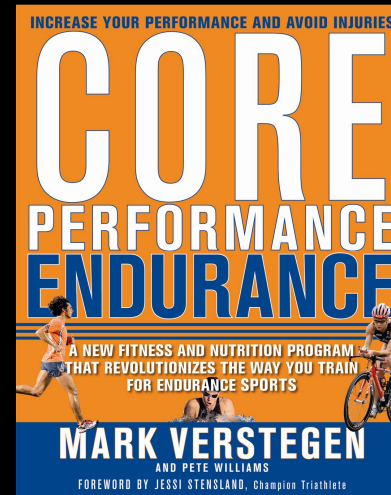
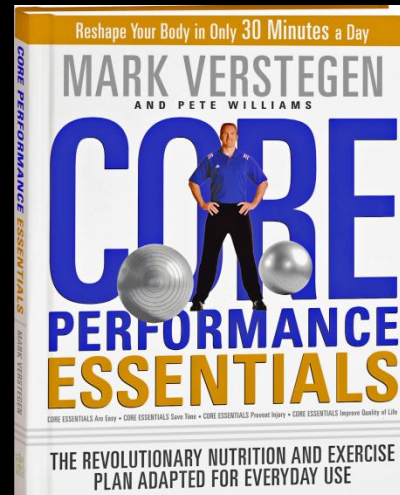
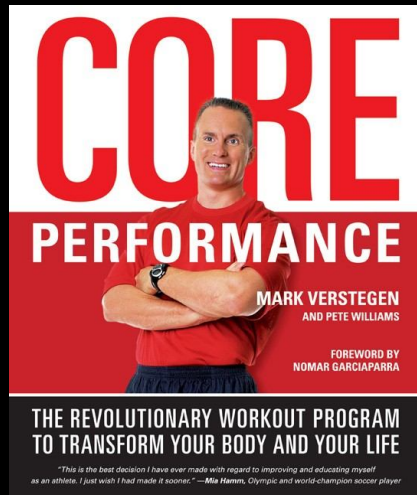


QUALITY is Critical!

To Learn More...



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www.coreperformance.com
Access Code- AP-MENTOR